

DINNERLY



Not-Your-Everyday Veggie Pasta with Herb and Parmesan Pangrattato



35 minutes



2 Servings

Roasting veggies brings out their natural sweetness and makes a delectable pasta sauce. Topped with crunchy, cheesy, herby breadcrumbs, this dish has got the lot!

WHAT WE SEND

- 1 red onion
- 1 red capsicum
- parsley
- 250g spaghetti ¹
- 50g parmesan ⁷
- 40g panko breadcrumbs ¹
- 50g rocket leaves

* The remainder of this ingredient won't be used in this recipe.

WHAT YOU NEED

- 2 garlic cloves
- 2 tbs balsamic or red wine vinegar ¹⁷
- 2 tbs olive oil

TOOLS

- oven tray
- baking paper
- medium saucepan
- foil
- box grater
- medium deep frypan

Our veggies come straight from the farm, so please wash them before cooking.

ALLERGENS

Gluten (1), Milk (7), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 735kcal, Fat 28.1g, Carbs 89.8g, Proteins 24.5g



1. Prep ingredients

Preheat the oven to 220C. Line an oven tray with baking paper. Bring a medium saucepan of salted water to the boil for the pasta. Cut the **onion** into wedges. Cut the **capsicum** into 3cm chunks. Coarsely chop the **parsley** leaves and finely chop the stems. Crush or finely chop **2 garlic cloves**. Combine **2 tbs balsamic vinegar** and **1½ tbs olive oil** in a bowl.



2. Cook veggies and pasta

Put the **onion, capsicum, garlic** and **parsley stems** on the lined tray, pour over the **vinegar mixture**, season with **salt and pepper** and toss to combine. Cover with foil and roast for 15 mins or until tender. Meanwhile, cook **three-quarters of the pasta*** in the pan of boiling water for 12 mins or until al dente. Reserve **125ml (½ cup) cooking water**, then drain the pasta.



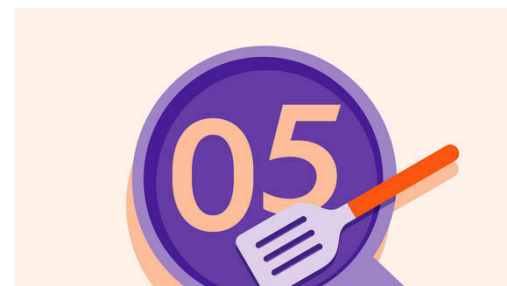
3. Toast breadcrumbs

While the pasta is cooking, coarsely grate the **parmesan**. Heat **2 tsp olive oil** in a medium deep frypan over low heat. Add the **breadcrumbs** and cook, stirring occasionally, for 5 mins or until golden. Transfer to a bowl.



4. Toss veggies and pasta

Return the same pan to medium-high heat. Add the **rocket** (see Make it yours), **roasted vegetables** and any tray juices and cook, stirring, for 2 mins or until the rocket is wilted. Add the **pasta** and **reserved cooking water** and toss to combine. Taste, then season with **salt and pepper**. Remove the pan from the heat.



5. Serve up

Add the **parmesan** and **parsley leaves** to the breadcrumbs and stir to combine. Divide the **veggie pasta** among bowls and scatter over the **parmesan pangrattato**. Enjoy!



6. Make it yours

Instead of wilting the rocket, serve it fresh, drizzled with a little olive oil and seasoned with salt and pepper.